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ROB FORD'S BAD BEHAVIOUR MAKES HIM NEWSMAKER OF THE YEAR, SNAGGING 63 PER CENT OF THE VOTES PAGE 6

Growing from young boy to old Mandela

Director Justin Chadwick on the struggles of depicting Nelson Mandela from his earliest days in the film Long Walk to Freedom PAGE 26

Real fathers change tires and diapers

Poll suggests more dads are doing their fair share of the work — feeding, dressing, bathing and playing with their children PAGE 32

Reclaiming record sweeter for Peyton

Denver quarterback able to enjoy touchdown-pass domination this time after giving up his record to Tom Brady back in 2007 PAGE 37

NEWS WORTH SHARING.

City may have to endure cold, dark Christmas

Ice storm. Residents asked to prepare for days without power as conditions may worsen

As residents wake up to a city crusted in ice, the creaking of branches and power lines overhead could signal a Christmas without twinkling lights, roasting turkeys or even heat for many.

For Della Buchanan, 77, who sat huddled in the dark in her TCHC senior's building, Sunday dinner consisted of crackers and milk.

"You can't go to the kitchen and make a cup of tea or anything. You just have to sit and wait," she said.

Sunday may have been bad, but the worst is yet to come, city officials warned. Freezing drizzle may continue to spell disaster.

"Nature is not going to help us get rid of this," said senior Environment Canada climatologist David Phillips.

Winds were expected to reach speeds as high as 40km/h headed into Monday, Phillips said. Temperatures are forecasted to reach a high of only -3 C by Christmas Eve, meaning the ice likely won't get a chance to melt.

After 264,000 customers were reportedly without hydro in Toronto on Sunday night — and almost another 200,000 across the GTA and beyond — residents are being warned to prepare for as many as 72 hours in the dark.

Political storms aside ...

"This is one of the worst storms in Toronto's history."

Mayor Rob Ford

"If it gets really bad in the next 24 hours we could have a state of emergency," Mayor Rob Ford told a news conference Sunday afternoon.

TTC CEO Andy Byford said the biggest challenge going into the week is the largely inoperable streetcar system. Ice coating the copper wires that provide power to the cars was too thick to cut through for the most part, Byford said.

TORSTAR NEWS SERVICE

A woman uses a pair of ski poles to help her navigate the icy city streets on Chester Avenue just north of the Danforth on Sunday. Up ahead lies one of the many fallen tree limbs that littered streets across the GTA after the storm. More coverage, pages 3 and 4. RANDY RISLING/TORSTAR NEWS SERVICE

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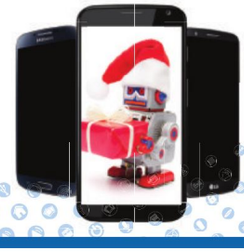

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Forced out by the storm, family's holiday will go on

'Contingency planning.' Sheri Hebdon and her wife bundled up the kids and prepared for a Christmas away from home

Quoted

"Overnight we heard a few loud cracks, so that was kind of terrifying."
Sheri Hebdon

Sheri Hebdon, and her wife Katarina Maatta-Hebdon carry their twins Maya and Zev to their van on Sunday, after deciding to move into a friend's house after losing power during the ice storm. LUCAS OLENIUK/TORSTAR NEWS SERVICE

After freezing rain caked the city in ice, people reached out to friends, neighbours and complete strangers with a spark of kindness on a frozen day.

"In some ways it just brings out the best," said Sheri Hebdon. "You have this moment where you're, 'I don't know what I'm going to do.' And then you have five people offering to help."

Hebdon, 37, is sitting in the dark in her living room. Her wife, Katarina Maatta-Hebdon, sits on the couch next to her.

"We need to pack for three days," Hebdon said.

Their two-year-old twins, Maya and Zev, are napping upstairs, swaddled in sweatshirts.

The house lost power Saturday night. Hebdon and Maatta-Hebdon fell asleep as freezing rain fell. But she wasn't prepared for the ice-coated streetscape waiting outside the next morning: trees buckling beneath layers of ice, fallen boughs littering the sidewalk, power lines lying in the street.

On the south side of Hebdon's house, the power and phone lines had ripped free, strewing exposed wires across her snow-covered front lawn.

"When we saw it outside, it was, 'What do we need to do for the next three to four days,' because I don't think that power is going to be restored," Hebdon said. "We just went to contingency planning."

Using her cellphone, Hebdon appealed to friends on Facebook. "Immediately somebody offered … to have us over," Hebdon said.

They bundled up the twins and their four-year-old son Nate and headed for a warm place.

Hebdon is one of 300,000 people across the GTA who were left without power Sunday. Toronto Hydro warned residents the electricity may not be fully restored until Christmas Day.

With that worst-case scenario in mind, Hebdon returned to her house Sunday to fill a bag with clothes and empty a closet full of presents into a minivan.

She's already thinking about the days ahead.

"The kids will go to daycare tomorrow, and we have to work tomorrow," Hebdon said.

Their son Nate has bigger concerns: He's worried Santa might not be able to find them if they're not at home.

But as long as the family sticks together, the holiday will go on.

"We could have Christmas anywhere, it doesn't really matter," Hebdon said.

"What can you do? It's Canada in the winter," she said.

TORSTAR NEWS SERVICE

Season's freezings

Foul weather not going away quickly: Officials

The damage is not yet done: That's the message from city officials, Toronto Hydro and Environment Canada ahead of gusting winds expected to pick up, continued freezing drizzle and a temperature drop that will likely dash any hope for melting — that is, for a reprieve for a city now coated in ice.

"Nature is not going to help us get rid of this," said senior climatologist David Phillips. "This is truly the nightmare before Christmas."

TORSTAR NEWS SERVICE

We all scream

Local business gives away a storm of ice cream

In the battle to raise people's spirits, one business owner decided to fight an ice storm with ice cream.

After her shop lost power, Tammy Wiseberg, the owner of Carter's Ice Cream near Danforth and Woodbine, had to clear out two freezers of ice cream.

"It was either melt in the freezer, or give it away," said Wiseberg, 42.

"Anybody walking by, I'm like, 'Hey, you want ice cream?'" Wiseberg said. "People were like, 'What, really?' And the kids were like, 'Ice cream! Yay!'"

TORSTAR NEWS SERVICE

Doggone weather

Curling up in the lap of luxury

The weather's gone to the dogs, so dogs have gone to hotels. With much of the city still without power Sunday night, hotel bookings soared as many checked in — with their pets. TORSTAR NEWS SERVICE

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Destination Anywherebuthereland: Flight delays causing headaches

Pearson. Nearly quarter of flights cancelled due to Sunday's ice storm

A 300-person line formed at Pearson Sunday as travellers waited to find out whether their Air Canada flights would be re-booked. ZOE MCKNIGHT/TORSTAR NEWS SERVICE

For one family stranded at Pearson International Airport, Kingston, Ont. is 250 kilometres and a million miles away.

Patsy Hollett was up at "2 a.m. Newfie time," Sunday to catch a flight out of St. John's, N.L. She would have been in Kingston by 9:30 a.m. to see her baby granddaughter, but her connecting flight was cancelled. All the rental cars were booked, the trains were sold out and her luggage was somewhere in the bowels of the airport. Her husband was missing too: lost in a massive lineup to find out if a hotel could take them for the night.

She hoped to leave by 8:35 p.m. Monday, a day and a half late.

Hollett was one of thousands facing flight delays or cancellations in the wake of one of the worst ice storms in recent memory. As of Sunday evening nearly a quarter of all 715 scheduled flights were cancelled in Ontario and along the North American east coast.

Nearby, fellow Newfoundlanders trying to make it back from Fort McMurray were relaxing: boots off, feet up. Brad Russell and Rod Parsons had been awake since 5 a.m. Saturday to work a full shift before a midnight flight.

"I'm supposed to be in Newfoundland right now, doing this on my own chesterfield," Russell said. His flight will now depart at 10 a.m., 36 hours late, "unless the storm going through the Atlantic provinces shags us up," he said.

Fingers crossed

"As long as you get to spend Christmas Day with (family), it's OK."

Passenger-to-be Patsy Hollett

Others were playing cards on a table fashioned out of a skateboard; one man cradled an 11-week-old puppy frightened by the crowds; a queue formed for the bank of telephones as travellers desperately tried to re-book tickets or call loved ones with disappointing news. As the grey afternoon turned to evening, some hotelless passengers headed toward the lounge at aisle Q, where the seats do not have arms and sleeping is possible, if unlikely.

There was a five-hour wait to inquire about local hotels. In line, Vanessa Webb said she had no idea if she would make it to Saint John in time. "I might have to cancel Christmas." TORSTAR NEWS SERVICE

Mayor MIA during morning of storm recovery?

Deputy Mayor Kelly with Mayor Ford at a news conference after the storm left over 250,000 people across the GTA without power Sunday. THE CANADIAN PRESS

As city officials, staff and clean-up crews worked to repair the havoc caused by an icy storm, Mayor Rob Ford was unreachable, according to a source.

The mayor could not be found all Sunday morning by city staff working to organize warming centres and other emergency preparations, the source said.

Ford's communications director Amin Massoudi said in an email the source was "mistaken."

Ford's Twitter account first posted just before 9:30 a.m., saying: "Toronto Hydro is reporting 250,000 customers are without power due to last evening's ice storm." A few minutes later, the account tweeted to call Toronto Hydro or 911 to report downed wires — which prompted a series of angry responses from followers who said that wasn't the proper procedure. Throughout the day, police reminded residents to make non-emergency calls to the main line, not 911.

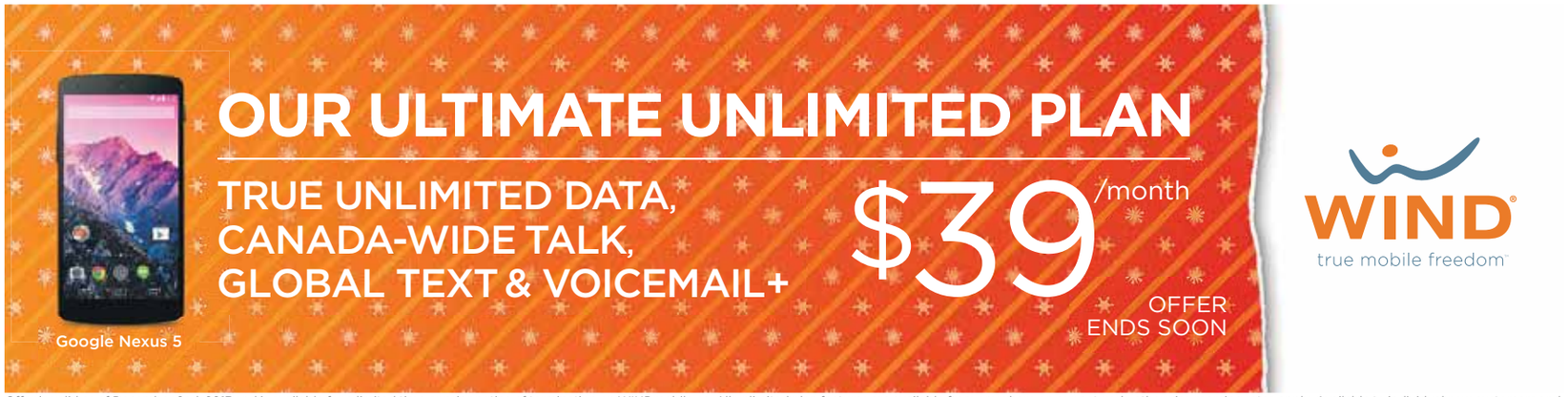
Just after 10:30 a.m., Ford's account tweeted he would be holding a press conference at Metro Hall with city staff at 1:30 p.m.

The source said Ford was briefed on the storm situation minutes before the conference.

"The city's emergency operation centre was activated yesterday to manage the storm impacts," Ford said, surrounded by Deputy Mayor Norm Kelly, Coun. Denzil Minnan-Wong, who chairs Public Works, and other city staff. "I have been briefed on the latest situation by our staff in the emergency operations centre."

Massoudi said the mayor had been in touch with staff "since early this morning." Others say they were surprised to learn the mayor was calling a press conference, given they hadn't been in touch with him all morning. Even the deputy mayor said he hadn't spoken to Ford until the press conference. "I am not aware of any conversations anyone had with the mayor," Kelly said.

TORSTAR NEWS SERVICE



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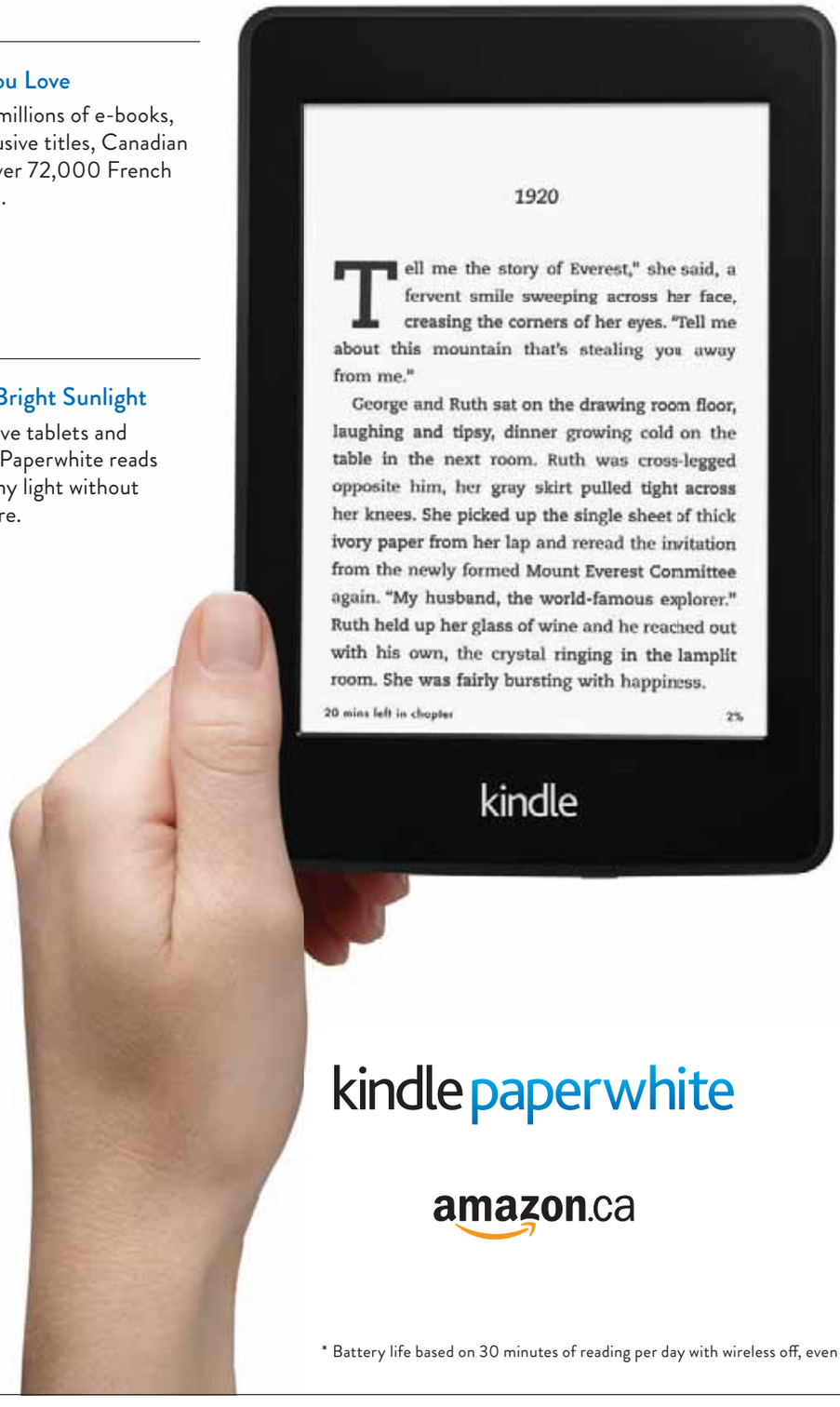
1920
Tell me the story of Everest," she said, a fervent smile sweeping across her face, creasing the corners of her eyes. "Tell me about this mountain that's stealing you away from me."
George and Ruth sat on the drawing room floor, laughing and tipsy, dinner growing cold on the table in the next room. Ruth was cross-legged opposite him, her gray skirt pulled tight across her knees. She picked up the single sheet of thick ivory paper from her lap and reread the invitation from the newly formed Mount Everest Committee again. "My husband, the world-famous explorer." Ruth held up her glass of wine and he reached out with his own, the crystal ringing in the lamplit room. She was fairly bursting with happiness.
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‘Drunken-stupor’ Rob Ford named Canada’s Newsmaker of the Year

Snagged 63% of vote. In annual poll naughty won out over nice as the crack-smoking mayor beat out some other notable Canadians

Few could have predicted that Canada’s moment in the global spotlight this year would be courtesy of a crack-smoking, “drunken-stupor” mayor who uses graphic sexual language on live television.

Rob Ford was a one-man news cycle, as he met each wave of allegations of bad behaviour with wild counter-allegations, mixed with a few gaffes and a sprinkling of apologies.

It is for these reasons and more that editors and news directors across the country selected Ford as Canada’s Newsmaker of the Year.

The headline-grabbing, sound bite-generating Toronto mayor received 63 per cent of the votes in the annual survey of the country’s newsrooms by The Canadian Press.

Some of those who voted said they wanted to pick Chris Hadfield, who received 16 per cent of the votes thanks to his inspirational time as commander of the International Space Station. But most felt there was no choice but Ford.

“We loved that Alice Munro won the Nobel Prize. We were amazed when Christy Clark won the B.C. election. Theresa Spence definitely made waves, as did Nigel Wright in the PMO,” said Adrienne Tanner, the deputy editor of the Vancouver Sun.

“But really no one tops Rob Ford’s antics of the past year, which went from outrageous to ludicrous to pitiful. He’s the hands-down winner for bad newsmaker of the year. No one else comes close.”

THE CANADIAN PRESS

Toronto Mayor Rob Ford holds up a bobble-head doll in his likeness while signing hundreds of them for charity at city hall in Toronto on Nov. 12. FRANK GUNN/THE CANADIAN PRESS

Past newsmakers

A look back at Canada’s Newsmakers of the Year, as determined in the annual poll of newsrooms by The Canadian Press:

- **2012.** Luka Magnotta, alleged killer
- **2011.** Jack Layton, politician
- **2010.** Russell Williams, sex killer
- **2009.** Stephen Harper, politician
- **2008.** Stephen Harper, politician
- **2007.** The Mounties
- **2006.** The Canadian soldier

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Gas-station worker, Maria Gonzalez Jimenez, hugs a colleague after winning the second prize of the Christmas lottery "El Gordo" (The Fat One) in Santa Cruz de Tenerife in the Canary Islands, Spain, on Sunday. ANDRES GUTIERREZ/THE ASSOCIATED PRESS

Spaniards hope for The Fat One

'El Gordo.' World's richest lottery offers respite for some from country's economic turmoil

Jumping for joy

"We jumped out of bed and ran out."

Raul Clavero, mechanic, one of the El Gordo lottery winners

The winners of Spain's cherished Christmas lottery — the world's richest — celebrated around the country Sunday, a moment of joy and relief after another year of a brutal financial crisis.

Millions had been glued to their televisions on Sunday as 2.5 billion euros ($3.6 billion) in prize money was distributed. The drawing is so popular that most of Spain's 46 million people watched at least part of the live four-hour show, hoping they would hear their ticket as school children called out the lucky numbers.

Unlike lotteries that offer one large jackpot, Spain's yuletide drawing sprinkles a variety of winnings on thousands of ticket holders.

The top prize, known as "El Gordo" (The Fat One), gave lucky winners 400,000 euros ($546,200) per ticket Sunday, while the second-best number netted them 125,000 euros ($170,700).

However, this year for the first time, the tax man will claim 20 per cent of winnings above 2,500 euros ($3,400), as the Spanish government strives to right an economy saddled with an unemployment rate of 26 per cent. THE ASSOCIATED PRESS

Cocktails for a cause. Bars that donate profits to charity enjoy huge success

It's become a place where you can eat, drink and be merry — but also give to charity.

Since opening its doors last December, a Houston bar that donates 100 per cent of its profits to local charities has far exceeded expectations, helping turn cocktails and glasses of wine and beer into warm blankets and hot meals for those in need.

By the end of this year, the Original OKRA Charity Saloon will have donated about $300,000 US to a dozen organizations. The group that runs the saloon, a collection of some of the city's best-known bars and restaurants, had expected to donate only about a third of that amount in its first year.

"It was a good year. It's pretty amazing," said Mike Criss, the bar's general manager. "It's just the community coming together."

The charity saloon is one of several bars around the U.S. using that business model as a way to give back. There are similar bars or concepts in New Orleans, Washington, D.C., and Portland, Oregon.

The Houston saloon, which this year was named one of the country's best bars by Playboy magazine and got a shoutout on The Colbert Report, has four charities competing for donations each month. Customers vote for a winner, who gets the following month's proceeds.

The Oregon Public House, a similar bar in Portland, has also had success, donating more than $15,000 US to charities in its first six months of operation.

"I believe in this model, not just for us but for my city, for our state, for our country," said Ryan Saari, director of The Oregon Public House's board. "I think there is a lot of good that could be done, stepping outside of the box a little bit in terms of how we support and fund our non-profits." THE ASSOCIATED PRESS

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Iceland. Highway project halted by elf advocates

In Iceland, where the fog-shrouded lava fields offer a spooky landscape in which anything might lurk, stories abound of the "hidden folk" — thousands of elves, making their homes in Iceland's wilderness.

So perhaps it was only a matter of time before 21st-century elves got political representation.

Elf advocates have joined forces with environmentalists to urge the Icelandic Road and Coastal Commission and local authorities to abandon a highway project building a direct route from the Alftanes peninsula to the Reykjavik suburb of Gardabaer. They fear disturbing elf habitat and claim the area is particularly important because it contains an elf church.

The project has been halted until the Supreme Court of Iceland rules on a case brought by a group known as Friends of Lava, who cite both the environmental and the cultural impact — including the impact on elves — of the road project. The group has regularly brought hundreds of people out to block the bulldozers.

Scandinavian folklore is full of elves, trolls and other mythological characters. Most people in Norway, Denmark and Sweden haven't taken them seriously since the 19th century, but elves are no joke to many in Iceland, population 320,000.

A survey conducted by the University of Iceland in 2007 found that 62 per cent of the 1,000 respondents thought it was at least possible that elves exist. THE ASSOCIATED PRESS

Save the elves

Planning decisions are affected so often by elf issues that the road and coastal administration has a stock media response for elf inquiries:

- "Issues have been settled by delaying the construction project at a certain point while the elves living there have supposedly moved on."

Braving the cold to raise money for Syrians

Mourad Taha, Anas Marwah, Osama Rachid and Yaman Marwah of the Syrian Association of Ottawa huddle together in front of Parliament Hill on Sunday, as they live stream their Keep Us Warm campaign on YouTube. Yaman Marwah, SAO president and chairman, said the donations they receive from the campaign will go to Syrians who are living in refugee camps as a result of the ongoing civil war. Last year, the SAO raised more than $12,000 and in the past it has hand-delivered humanitarian aid to displaced Syrian citizens. JOE LOFARO/METRO IN OTTAWA

Same-sex marriage

Ceremony on U.S. army base a first

North Carolina's Fort Bragg is opening the base chapel to same-sex ceremonies.

The U.S. army base saw Maj. Daniel Toven and Johnathan Taylor exchange vows on Saturday.

The pair married in Washington, D.C., in August. The Fort Bragg ceremony wasn't a wedding, which is barred by state law. But the event to bless the pair's marriage is believed to be the first for a same-sex couple at Fort Bragg. THE ASSOCIATED PRESS

New Hampshire

Hikers rescued

Two Canadian hikers are safe after getting lost on New Hampshire's Mount Adams.

New Hampshire Fish and Game says the pair had hiked to the summit on Saturday and were heading to a shelter when they got lost. THE ASSOCIATED PRESS

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Three activists jailed in Egypt for holding rally

No rally permit. Three founders of the youth movement that helped topple Hosni Mubarak jailed for three years

Ahmed Douma at a 2011 rally in Cairo. SARAH CARR/THE ASSOCIATED PRESS

Three of the most prominent secular activists involved in Egypt's 2011 revolution were convicted Sunday of holding a rally without authorization and attacking police officers, receiving three-year prison terms and hefty fines in the first use of a controversial new law.

Judge Amir Assem found Ahmed Maher, Ahmed Douma and Mohammed Adel, founders of the April 6 youth movement, guilty of violating the law passed last month. Each of them also faces fines of $7,250.

April 6 helped organize the demonstrations that toppled longtime authoritarian leader Hosni Mubarak in 2011 and, like many other liberal activists, supported this year's campaign for elected Islamist President Mohammed Morsi to leave office.

Since Morsi was toppled by the military on July 3 after millions-strong demonstrations, however, the movement claims there has been a return of police brutality and the curtailment of free expression. THE ASSOCIATED PRESS

Freight train derails in Nairobi slum

Kenyans gather around a freight train lying on its side after it derailed in Nairobi, Kenya, Sunday. Several people were injured after the train crashed into homes in the sprawling Nairobi slum of Kibera, one of the largest slum areas in all Africa. The train derailed while passing through Kibera on Sunday morning.

KHALIL SENOSI/THE ASSOCIATED PRESS

Dennis Rodman snubbed by North Korea's Kim Jong Un?

Dennis Rodman may not get to meet with North Korean leader Kim Jong Un on his latest visit to the country, but he said that won't stop him from coming back on Kim's birthday next month to hold an exhibition game with other former basketball stars.

On the night before he was due to leave Pyongyang, Rodman said on Sunday that he had not yet had a meeting with Kim. The flamboyant athlete said that he didn't expect to meet the leader every time he comes to North Korea, and that his current trip was for training North Korean basketball players who will take part in the match Rodman is organizing for Kim's birthday on Jan. 8.

"I'm not just coming over here to meet the leader," Rodman said.

THE ASSOCIATED PRESS

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Former nurse pleads guilty to aiding in mom's suicide

Shirley Vann, her daughter Linda Jean McNall, and their dogs. The two drove from Arizona to Alberta to carry out a suicide pact. HANDOUT/THE CANADIAN PRESS

Fateful road trip. Once a real estate agent Shirley Vann had been battling colon cancer; she and her daughter had a suicide pact

David Schwartz doesn't know if he can forgive his sister for helping their 79-year-old mother commit suicide.

But if there's anyone who should share the blame, he says, it's the American health system.

"The U.S. health-care system failed,'' Schwartz, a retired member of the U.S. Air Force, said. "My mom's dead and my sister's in jail.''

Last week, a courtroom west of Edmonton heard how Linda Jean McNall, 53, made a suicide pact with her mother, Shirley Vann, as the older woman's health worsened. The pair had lived together and cared for each other for decades. In April, the women sold everything they owned, abandoned their apartment in Sierra Vista, Ariz., and headed north to Canada's Rocky Mountains.

Nearly a month later, they pitched a tent at Rock Lake near Hinton, about 350 km west of Edmonton. They injected themselves and their two pet dogs with insulin, swallowed some sleeping pills and opened a propane tank. Vann and the animals died but McNall survived. She pleaded guilty to aiding a suicide and is to be sentenced on Jan. 7. THE CANADIAN PRESS

'They owed about $50,000'

"I knew they were having problems ... I didn't know that they were going to take these drastic actions." David Schwartz, brother of the accused, Linda Jean McNall.

Ukraine. Heat turned up on government's plan to choose ties with Russia

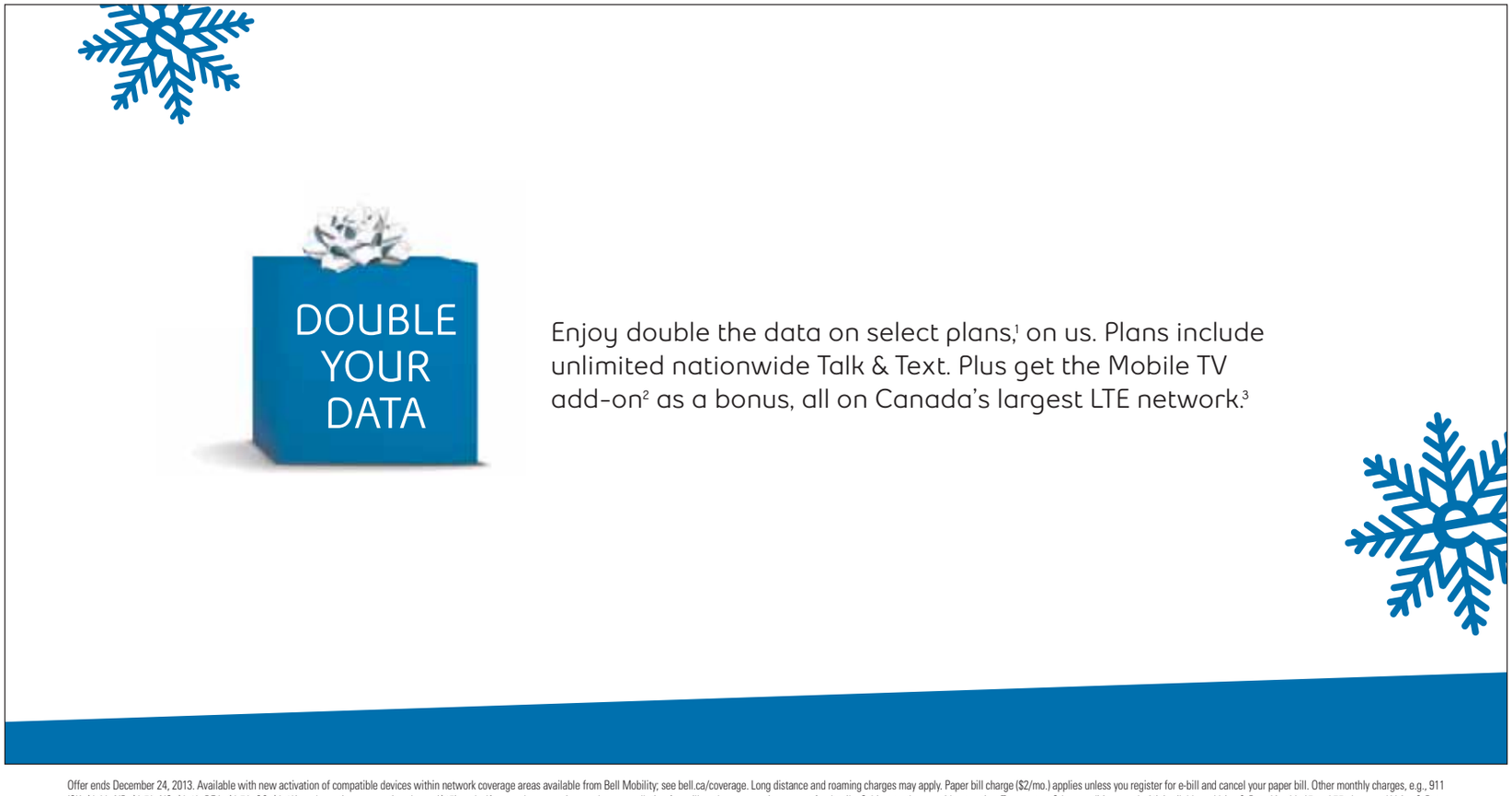
About 100,000 people rallied in Ukraine's capital Sunday to demand the ouster of the president and his Cabinet as mass anti-government protests entered their second month.

The rallies were sparked by President Viktor Yanukovych's decision last month to choose ties with Russia over integration with the 28-nation European Union. That deeply angered many Ukrainians, who favour the democratic structures of the West over Russia. After a violent police crackdown on a peaceful rally, the demonstrators turned against Yanukovych himself and have transformed Kyiv into a protest camp. THE ASSOCIATED PRESS

Russia pledges $15B

Yanukovych's pro-Russia stance was strengthened this week by a default bail-out package from Russia.

Pro-European activists in Kyiv on Sunday. SERGEI GRITS/THE ASSOCIATED PRESS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Winter storm hits Maritimers' travel plans

One of the busiest travel weekends. Dozens of flights at airports across region delayed or cancelled

A range of wet and wintry weather thrashed the Maritime provinces on Sunday, grounding flights and causing slick driving conditions on a traditionally busy travel weekend, just a few days until Christmas.

New Brunswick was blanketed in weather warnings. Up to 25 centimetres of snow was expected in northern parts of the province by Monday. Environment Canada said the trough of low pressure brought a mixed bag of precipitation — snow, freezing rain and rain — to central New Brunswick.

"You've almost got every possible weather element," said meteorologist Andy Firth from Halifax.

RCMP in Nova Scotia and P.E.I. were advising people to stay off highways unless necessary, as multiple vehicles had slipped off roads.

About 4,000 NB Power customers in Rothesay, N.B., and St. Stephen, N.B., were without power Sunday afternoon.

In Quebec, Hydro Quebec said nearly 45,000 customers were without power in the Estrie and Monteregie regions on Sunday. The weather conditions were suspected to have been a factor in three fatal highway accidents in Quebec on Saturday, and another in Ontario.

THE CANADIAN PRESS

An Air Canada jet is de-iced at Halifax airport Sunday as Eastern Canada gets hit by rain, freezing rain and snow. ANDREW VAUGHAN/THE CANADIAN PRESS

'We need change in the province.' Hudak asks Santa for spring election

Ontario Progressive Conservative Leader Tim Hudak has only one thing on his Christmas wish list — a spring election — and it'll be up to the New Democrats to decide if he will get what he's hoping for.

"I think we need change in the province," Hudak said in a year-end interview. "Santa Claus lives at the North Pole, that makes him a Canadian citizen, and maybe an honorary citizen of the province of Ontario, so hopefully he's on side with that."

Less than a year after being sworn in as premier, Kathleen Wynne is in no rush for a general election, and said she wants to keep the 10-year-old Liberal government alive for a while yet. "I'm going to continue to work to make the minority Parliament function," said Wynne. "We've passed 13 or 14 pieces of legislation, which nobody thought we were going to be able to do, so I'm going to continue to do my job, and when it's time for an election we'll all be clear about that."

The New Democrats kept the minority Liberals alive by striking deals for significant changes in the provincial budget each of the last two years, but the party is concerned by what it sees as government foot dragging on promises to cut auto insurance rates by 15 per cent and create a financial accountability office.

Ontario PC Leader Tim Hudak hopes Santa grants his wish. THE CANADIAN PRESS

NDP Leader Andrea Horwath said she plans to consult voters before the legislature resumes Feb. 21 to see if the party should stop propping up the minority government.

Wynne could test the electoral waters before next spring's provincial budget in a confidence vote by calling byelections in Niagara Falls and Thornhill. She must call the Niagara vote by the end of March, and all three parties are putting big efforts into what had been a Liberal riding. The Toronto riding of Thornhill had been Conservative and is seen as a two-way race between the Tories and Liberals.

THE CANADIAN PRESS

Ham-fisted thieves

Hundreds of holiday hams lifted from truck

Some thieves will be pigging out this holiday season after several hundred hams were stolen in London, Ont.

The Honey-Bee Ham Co. says the huge haul of meat was pinched from a refrigeration truck Friday night.

The total cost of the stolen ham is estimated at more than $10,000.

But the company says it's continuing to take orders and that those with existing purchases will still have their ham in time for the holidays.

The company isn't worried the thieves will crack its 30-year-old honey glazed ham recipe, as the stolen meat was unfinished.

AM980/THE CANADIAN PRESS

Some politicians still see no need to tweet

Tweet it or leave it.
As Twitter becomes more popular as a way to reach out, some MPs and MPPs still refuse to engage

At Queen's Park, all but two of Ontario's 106 sitting MPPs use Twitter. The exceptions are Etobicoke North Liberal Shafiq Qaadri and Liz Sandals, the education minister.

Some of the MPs and staffers across Canada who still abstain from the social media tool argue that, with its 140-character maximum, Twitter is too limiting for meaningful commentary. And besides, they say, they don't have the time to devote to tweeting, what with the mountain of newsletters, emails and phone calls exchanged with constituents.

#refusal

"I've never said anything in 140 characters in my life."
Liz Sandals, education minister

Sandals says she usually has so much to say that her communication staff have a "horrendous time" trying to get her down to 10 or 20-second sound bites for interviews with television and radio reporters.

She relies on the mainstream media, newsletters, news releases, telephone calls and Facebook to get the word out about goings-on in her ministry.

TORSTAR NEWS SERVICE

Ontario Minister of Education Liz Sandals. CHRIS SO/TORSTAR NEWS SERVICE

CAMH. Doctor's research suggests pedophilia is a biological condition

Pedophilia has been widely viewed as a psychological disorder triggered by early childhood trauma.

Now, many experts see it as a biologically rooted condition that does not change — like a sexual orientation — thanks largely to a decade of research by Dr. James Cantor at the Centre for Addiction and Mental Health in Toronto.

Cantor's team has found that pedophiles share a number of physical characteristics, including differences in brain wiring. It's now thought that about 1 to 5 per cent of men are pedophiles, meaning they are primarily attracted to children.

These findings have been widely accepted among scientists, but have had little impact on social attitudes or law.

Bolstered by this research, pedophiles who have never molested children are seeking social acceptance.

For years, Ethan Edwards told himself his feelings were protective and loving, nothing more. But when he hit 50, he found he couldn't stifle his desires any longer.

Edwards, using a pseudonym, wrote about this realization on Virtuous Pedophiles, a website he co-founded for pedophiles who have never molested children. The group says their attraction is one they were born with and cannot change, but can control.

Dr. James Cantor of the Centre for Addiction and Mental Health
LAURA KANE/TORSTAR NEWS SERVICE

Edwards says the goal of Virtuous Pedophiles is to prevent child abuse, by reducing the stigma against non-offender pedophiles. "We do not choose to be attracted to children, and we cannot make that attraction go away," reads the website, which has about 200 members.

"But we can resist the temptation to abuse children sexually, and many of us present no danger to children whatsoever." TORSTAR NEWS SERVICE

Drug smuggling

Canadian warship seizes record amount of heroin

The HMCS Toronto, a Canadian warship on patrol off the east coast of Africa, boarded a ship on Dec. 18 and discovered 506 bags of heroin weighing more than 538 kilograms.

This seizure marks the largest heroin seizure in the history of Combined Maritime Forces operations, a multinational force combating terrorism across the Red Sea, Gulf of Aden, Arabian Sea and the Gulf of Oman.

The frigate has made a number of drug seizures in the past few months. In October the ship intercepted a suspected drug smuggling vessel and seized 154 bags of heroin weighing more than 180 kilograms.

To date, the ship has recovered approximately 8.22 metric tonnes of narcotics, according to the Department of National Defence.

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Loophole in Ontario government online ads a concern: AG

On deaf ears. Auditors have repeatedly called for Liberals to close the loophole in the law they created in 2004

Despite promises of a more open and transparent government, Ontario's Liberals have no plans to close what's becoming a gaping loophole for partisan advertising.

Online advertising has ballooned in recent years, but it doesn't fall under a law that requires all taxpayer-funded government ads to be screened by the auditor general to ensure they're non-partisan.

About a quarter of all government spending on ads is online, totalling $10 million in 2012-13. The Liberals spent another $30 million on print, radio and television ads, which must be pre-approved.

Auditor general Bonnie Lysyk
FRANK GUNN/THE CANADIAN PRESS

They spent $34.8 million on ads in 2011-12 and $50 million in 2010-11 — the lead-up to the provincial election.

But in the last year, the government spent more on Internet advertising than it did for print, auditor general Bonnie Lysyk noted in her latest annual report released earlier this month. It's second only to TV ads, which cost $12 million. The time has come to close this "significant" loophole, she said.

"At the time the legislation came into play, there wasn't a lot of Internet advertising," Lysyk said Dec. 10, after delivering her report. "It's changed."

Premier Kathleen Wynne said "it's something we obviously will have to take into consideration."

Advertising in the public realm should be informative, Wynne added.

Yet the Liberals have refused to support legislation that would tighten the rules and expand the law to apply to the broader public sector, not just the government, said New Democrat Gilles Bisson.

THE CANADIAN PRESS

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Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
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Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
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Edgar M. Bronfman Sr.
Canadian-born billionaire dies at 84

Edgar M. Bronfman Sr., the Canadian-born billionaire and longtime president of the World Jewish Congress, which lobbied the Soviets to allow Jews to emigrate and helped spearhead the search for hidden Nazi loot, died Saturday. He was 84.

Bronfman died at his New York home surrounded by family, according to the family charity he led, The Samuel Bronfman Foundation.

Bronfman was born in Montreal on June 20, 1929, and made his fortune with his family's Seagram's liquor empire. He

Edgar M. Bronfman Sr. THE ASSOCIATED PRESS FILE

joined the family business in 1957 and took over as chairman and CEO in 1971, continuing the work of his father, Samuel. Under Bronfman's leadership, Seagram expanded its offerings and was eventually acquired by French media and telecom group Vivendi Universal in 2000. THE ASSOCIATED PRESS

Over 100 workers died

Charges laid in deadly Bangladeshi garment-factory fire

Police charged the owners of a Bangladeshi garment factory and 11 employees with culpable homicide Sunday for alleged negligence leading to the death of 112 workers in a raging fire that engulfed the factory last year.

It was the first time Bangladeshi authorities had sought to prosecute factory owners in the world's second-largest garment industry.

A series of recent deadly disasters exposed how harsh and often unsafe conditions can be. THE ASSOCIATED PRESS

Will some users of medical marijuana be priced out?

Access program. Worries new federal rules will leave some high and dry

Mark Gobuty isn't raising cattle or cultivating corn on his farm north of Toronto — he's growing medical marijuana.

His company, The Peace Naturals Project, is one of the first to be approved by Health Canada to commercially produce and distribute dried cannabis ahead of changes next spring to Ottawa's medical-marijuana access program.

Starting April 1, the program that began in 2001 will no longer require medicinal-marijuana users to buy their medication through Ottawa's one approved supplier, grow their own plants, or designate someone to be their personal grower. Instead, users will be restricted to buying their cannabis from a list of approved suppliers.

Mark Gobuty, founder and CEO of The Peace Naturals Project stands in one of the cannabis-growing greenhouses in Clearview, Ont. FRANK GUNN/THE CANADIAN PRESS FILE

Gobuty, Peace Naturals' chief executive and co-founder, says his company is focused on providing a quality product, but he also understands the compassionate side of drug dispensing.

"We certainly have vision. We want to help people," said Gobuty during an interview at his secluded and highly secured farm in Clearview Township.

"It's really (about) the purpose and intent of the medicine we can provide. If we can do one thing, we want to provide people with peace."

But that peace will come at a price. And some prescribed users, such as Marcel Gignac, from Amherst, N.S., are worried that privatizing the medical-cannabis industry will come at too high a cost.

Gignac's supplier is a designated grower, but his wife, who also uses the herb to ease the pain from arthritis, knee and hip replacements, grows her own plants. He estimates she pays about five cents per gram for her medication.

He said he and other members from the volunteer-run Medicinal Cannabis Patients' Alliance of Canada, some of whom are unable to work due to their conditions, will not be able to afford market prices. THE CANADIAN PRESS

Quoted

"My options are: I can sit back and suffer and die, or grow it illegally or go to jail."

Marcel Gignac, a 51-year-old from Amherst, N.S., who smokes 30 grams a day to treat an aggressive form of multiple sclerosis.

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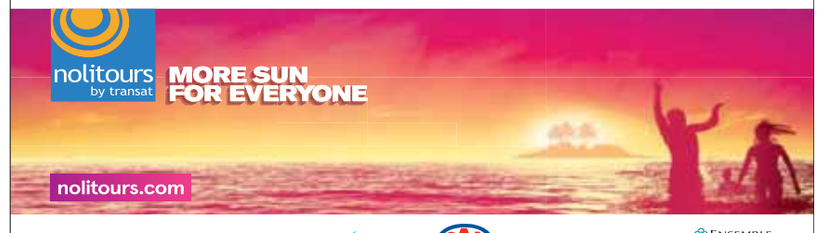

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DEAR SANTA, PLEASE GIVE TORONTO...

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Last year, in my last column before the holidays, I put together a Christmas wish list for Toronto City Hall — three things that I wanted to see happen in 2013.

Christmas, I reasoned, is a time to be hopeful.

I'll stand by that again this year.

Because it paid off. Sort of.

Looking back at the list, two of the three things I wished for came to pass. I asked for more information on the crumbling Gardiner Expressway. We got it.

I asked for a new mayor, and we got it — kind of — with Deputy Mayor Norm Kelly now setting the tone at city hall. And I asked for a new focus on the issues, and not on circus sideshows.

And, um, well, that last one didn't happen. But two out of three ain't bad.

So let's double down. Heading into an election year at city hall, there's a lot to hope for.

I've again got three items on my holiday wish list for 2014.

1. An election that isn't all about Mayor Rob Ford. Everyone involved in the mayoral race needs to understand that Mayor Rob Ford is not himself a civic issue. Civic issues are things like infrastructure, transit, taxes and policing.

If the most common question being asked during the campaign is something like "does Rob Ford deserve another chance?" then we'll have asked the wrong questions. We can do better.

2. An army of fact-checkers working round-the-clock. My biggest frustration with politics is what scholar Stephen Colbert has called "truthiness": arguments or claims that are presented as truth without evidence. We've seen a lot of that in Toronto.

So in 2014, let's not let municipal candidates get away with dodgy facts. I'm hoping to see a really strong effort from city hall watchers to separate truth from fiction.

3. A focus on individual council races. The last item on my list comes as a sincere request to you — yeah, you. If you're reading this and you live in Toronto, I want you to learn about your local representative on city council.

If you like what your councillor has to say, awesome. If you don't, look into who might be running against them. Consider volunteering. Heck, consider running yourself.

While most eyes in the city will be on the mayoral race, there will be 45 individual elections taking place across the city in 2014. And each of those elections will grant the winning candidate a vote at city council — one vote, just the same as the mayor will have.

And that vote is important, because local government matters. For too long we've let local representatives use apathy to their advantage. Next year could be the year that starts to change.

That's the hope, anyway.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Take a closer look at the sun

COURTESY NASA GODDARD SPACE FLIGHT CENTER

Parts not visible to the naked eye are captured by NASA

This still image was taken from a new NASA movie of the sun from NASA's Solar Dynamics Observatory, or SDO, showing the range of wavelengths — invisible to the naked eye — that the telescope can view.

SDO converts the wavelengths into an image humans can see, and the light is transformed into a rainbow of colours. METRO

What's happening

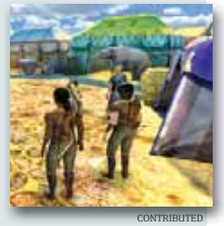
Wavelengths convey information about components of the sun. From left to right (measured in angstroms):

- **1,700.** Surface of the sun, as well as a layer of the sun's atmosphere called the chromosphere, which lies just above the photosphere and is where the temperature begins rising.
- **1,600.** Mixture between the upper photosphere and what's called the transition region, an area between the chromosphere and the uppermost layer of the sun's atmosphere (the corona).
- **335.** Active region of the corona. The dark areas (coronal holes) are places where very little radiation is emitted, yet are the main source of solar wind particles.
- **304.** This light is emitted from the chromosphere and transition region.
- **211.** This wavelength shows hotter, magnetically active regions in the sun's corona.
- **193.** A slightly hotter region of the corona, and also the much hotter material of a solar flare.
- **171.** This wavelength shows the corona when it's quiet. It also shows giant magnetic arcs called coronal loops.
- **131.** The hottest material in a flare.
- **94.** The regions of the corona during a solar flare.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

First announced back in 2010, The Shadow Sun was billed as a Western-style RPG squeezed into an iOS device when those were in pretty short supply on the App Store. It's three years later and there are lots of RPGs to choose from, so how does The Shadow Sun hold up?



CONTRIBUTED

The answer is: "Quite well, thank you very much." Things start off as you've come to expect by now — you get a few character customization options, establish some baseline stats (strength, endurance, etc.) and then you're dumped into the world. Tasked with protecting a rather pompous diplomat visiting a neighbouring city enduring an awful plague, things quickly become ... complicated ... and the game opens up.

The story so far — I've put about four hours of playtime into the game — is rich and the lore is accessible at any time in your menu, and it gets expanded upon as you work your way through the main story. Of course, this being an RPG, there's a myriad of side quests to take on that will richly reward you with loot and weapons, boosting the custom features of your character. There are several locations and cities to explore while you're at it, but no persistent world between them like an Elder Scrolls game. Instead, you'll be quickly travelling, which I find preferable for mobile gaming, to be honest.

Combat is where things get a little tricky, mostly due to the limitations of playing on an iPhone. The floating thumbstick used to control your character can be as unco-operative as the rest of them, but it's never been fatal. Either way, the real treat of The Shadow Sun is the immersion of the world and you'll find yourself rewarded if you take your time to explore and read up on the kingdom's history.

The Shadow Sun is certainly ambitious, and sometimes the performance doesn't quite reach what the developers had in mind. But, swords and spells can be in awfully short supply on iPhone, especially ones wielded in an engaging and dangerous world. It's hours of exploring, fighting and character-building for the price of a meal at McDonald's. (iOS/$7.99)

Twitter

@metropicks asked: The majority of Canadians polled last week said they weren't finished Christmas shopping. What's your strategy?

@tallertrees: Strategy? More like frantic Christmas eve running around.

@alxrocks: - look at a calendar, plan ahead, and shop in September...

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Julie Delpy and Ethan Hawke returned in 2013 with the next installation of their romance trilogy, Before Midnight. CONTRIBUTED

Reasons we love film in 2013

The best of the year.
Today we look at the best of 2013 — tomorrow, the worst

NED EHRBAR
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at some of the best films of the year.

12 Years a Slave
An astonishing triumph in filmmaking, Steve McQueen's true tale of America's ugly past is not only an important movie, it's also a beautifully made one. It's visceral, haunting and cathartic, featuring a massive, stellar cast — though Brad Pitt's supporting performance keeps it from being absolutely perfect, one sour note in an otherwise flawless symphony.

Her
What sounds overly quirky on paper — a quiet loner (Joaquin Phoenix) falls in love with his computer's new OS (voiced by Scarlett Johansson) — turns out to be one of the most moving and insightful examinations of intimacy in years. What Spike Jonze understands about intimacy is truly impressive.

Gravity
Alfonso Cuaron advances the art of filmmaking with this immersive and terrifying yet perfectly simple tale of being lost in space. He's also the first filmmaker to properly justify the use of 3-D since James Cameron brought it back into fashion with Avatar.

Inside Llewyn Davis
The Coen Brothers' darkly comic rumination on creative pursuits and fame set in the 1960s New York City folk scene is a joy to behold, even if they are trying to bum you out.

Before Midnight
Maybe it's a bit like cheating, since Richard Linklater, Julie Delpy and Ethan Hawke have been working on these characters for 18 years, but there are few who have achieved such honest on-screen portrayals of how relationships evolve.

Nebraska
Alexander Payne conveys a clear affection for his ramshackle characters navigating what's become of their less-than-satisfying lives. Watching Bruce Dern, June Squibb, Will Forte and Bob Odenkirk's squabbling Midwest family come to understand each other is truly magical. Black-and-white filmmaking has rarely felt so warm.

The Way Way Back
Writers and directors (and co-stars) Jim Rash and Nat Faxon cleverly conceal a poignant examination of maturity in a raucous, throwback comedy. Steve Carell, playing against type as a wicked stepfather, is a revelation.

Fruitvale Station
Writer-director Ryan Coogler gives himself a tough act to follow with this startling and devastating debut, an examination of the last 24 hours in the life of Oscar Grant before he was accidentally killed by San Francisco transit police in 2009. A celebration of life that will get you angry all over again.

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Mandela's long walk through life

Long Walk to Freedom. Director Justin Chadwick gives in-depth look at leader

NED EHRBAR
Metro World News in Hollywood

Mandela: Long Walk to Freedom opens on Dec. 25. CONTRIBUTED

Director Justin Chadwick offers a full picture of Mandela's life with Mandela: Long Walk to Freedom, including glimpses into the recently deceased world leader's troubled younger days and the trials of his wife, Winnie. Metro sat down with Chadwick in November, prior to Mandela's death.

You just got to screen this film at the White House. Not too shabby.
I mean, what an honour. Just a completely humbling experience. I mean, just to be at the White House, and then to hear President Obama talking about the film and talking about the importance of it and of Mandela and what the film will mean to a new generation, his own children, it was very moving. And inspiring. What a man. It was a brilliant, brilliant, brilliant night, and my wife and I, we couldn't sleep. We got up the next day like, "Did it really happen?"

It's not the type of thing you do for just any movie.
Someone told me that Harvey [Weinstein] hadn't done a White House screening since Good Will Hunting, which is pretty amazing.

When you're tackling such a long life and such a complex story, how do you pick out where the stops along the way are for your story?
It's the Long Walk to Freedom, so it was his book. It had to start with him as a boy. It felt appropriate to show the whole story. And because we were going for a personal take and to explore him as a man, flaws and all, we had to show Mandela behind closed doors — him as a father, him as a husband, him as a young man. And the film deals with a pernicious racism that is still present today, but Mandela actually shows a way of what to do with that hatred and what to do with that anger as a person.

You also had to deal with covering his life from a boy to an old man. Did you think about using multiple actors for the adult Mandela?
The producers initially talked to me about the idea of big Hollywood stars to [potentially] play the role of older Mandela, and right off I wanted one person to play as much of it as possible. I mean, there's three Mandelas in mine, but it felt like for the majority of the film there should be one person for the audience to identify with. If we could find a way of doing the age, then we would be able to stick with one actor. It's something I was really keen about, but it was something that was a bit nerve-wracking as well because Idris [Elba] is a very instinctive actor, a very immediate actor. I didn't want to lose the subtlety of his performance underneath makeup.

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Reeves on love, honour and revenge

47 Ronin.
Actor sits down with Metro to talk about his fascination with Japanese culture

IVAN NIKOLAYEV
Metro World News in Russia

Keanu Reeves, the star of new samurai movie 47 Ronin reminisces about The Matrix and reflects on the samurai code of honour.

How did you get involved in 47 Ronin?
I was offered it by producer Scott Stuber and Universal about four years ago. I really liked the script and they began looking for a director and chose Carl Rinsch. I met him and loved his approach to filmmaking and his vision of making it like a painting.

The theme of the movie is close to your heart?
I would say yes. I love when it's all about honour, a dramatic love story, revenge. Vengeance in real life is dirty business. But in movies, it's great, especially for the sake of honour. Plus, I could not miss the chance of working with a samurai sword, and tell the story of a ronin [warrior]. I do respect the history of these rogues, so for me, the role of Kai — a man of honour — impressed me because of the history's motive, because of being in exile.

Did you know the original story of the 47 Ronin before filming?
To be honest, I didn't. I have been in Japan a few times, but I never came across it.

I heard that you're one of the most beloved Western actors in Japan...
Really? I do love going there, in fact. I cherish their arts and culture, which I discover for myself out there.

You mean, the samurai code of honour?
I'm trying to learn bushido. What does it means to live by the bushido code, it's

Keanu Reeves stars in 47 Ronin, which opens Dec. 25. CONTRIBUTED

sacrifice. But I only understand it in a romantic way. If we're talking about honour, and being honourable to oneself and others, I react very seriously about it. Duty, responsibility... all of that is important.

I can't leave it out, but in the past 14 years, The Matrix is one of my favourite movies. Mine too! (laughs)

We all know how it ended, but if the opportunity arose to do something else in this thread, would you want to participate?
Oh, damn (sighs). I love this movie and the entire trilogy; it's a very important part of my life. If the Wachowskis asked me to do something else, I would say yes. But I cannot imagine what else it might be. For me, for the hero Neo, for Thomas Anderson, to go the way he did — absolute self-sacrifice for the sake of peace for all living beings — is a great way.

Many of your friends commented that Neo is very similar to you — is that true?
I believe that our views on the world are similar. The Wachowskis were questioning reality and all the forces that govern our world; they explored the idea of who we are as individuals. This is exactly a part of my world view. What's more, I played an outsider — Thomas Anderson.

So you can call yourself a rebel?
I don't know about that. The world has real rebels and insurgents.

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Go retro: How to play old-school

ANTHONY JOHNSTON
Metro World News

If you have a PC/Mac

Atari.com/arcade

Format: Play classic Atari arcade games with updated graphics and sound.
Plusses: Enjoy all your beloved '70s and '80s classics like Pong, Missile Command, Combat, Lunar Lander, Asteroids, Yars' Revenge, Super Breakout and Centipede.
Minuses: Up-to-date visuals and sounds will leave purists disappointed.
Verdict: Good for a quick five-minute arcade-esque time-killer.

Game-Oldies.com

Format: Free emulator for a whopping 20 retro consoles — all the biggies, from NES to TurboGrafx-16.
Plusses: Plethora of titles (5,697); save option.
Minuses: Clunky website interface that truly mimics your PCs of yesteryear.
Verdict: Not the friendliest to dip into, but the best to bury yourself in hours of retro gaming — and try out some esoteric consoles (who remembers the Neo Geo?).

NESbox.com & SNESbox.com

Format: Free Nintendo Entertainment System & Super Nintendo Entertainment System emulators, built on Adobe Flash technology.
Plusses: Slick, clean interface, oodles of your favorite Nintendo titles, and each has 1,810-plus games. Upload your walkthrough to the server and take part in the rankings, two-player via Internet.
Minuses: Can only be played in your web browser's window.
Verdict: Most user-friendly emulator.

If you have an Android

SuperGNES.com

Format: Emulator at $3.99 that scans your phone to view and play installed ROMs (emulated games).
Plusses: Cheats: Access huge database of Game Genie and Pro Action Replay codes, Mouse: Mouse support for games like Mario Paint, Multi-player: Network multi-player using WiFi or Bluetooth.
Minuses: Extra work: Go to websites like coolrom.com/roms/snes/ to download ROMs to your device.
Verdict: Nifty emulator for the savvy gamer itching to play games on the commute.

If you have an iPad or iPhone

iEmulators.com

Format: List of emulators for your iPhone/iPad.
Plusses: Follow a few weird installation steps, found easily on the website, and turn your phone into a Nintendo. You'll have to download the ROMs yourself (see SuperGNES).
Minuses: Trickery may go against your morals or your inclination not to tinker with your pricey, beloved device; controls difficult for games like Super Mario.
Verdict: Fine-working emulator but controls regrettably awkward on touch-screen.

Who's up for a game of Battletoads? NES

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Wednesday, December 25: Most routes start at 9:00 a.m. including Subway/RT.
Thursday, December 26: Most routes start at 6:00 a.m.
Tuesday, December 31: Reduced afternoon service. Most routes with late evening service extended until 4:00 a.m.

New Year's Eve last subway/RT times:
- 3:30 a.m. north from Union Station
- 3:37 a.m. east or west from Bloor-Yonge Station
- 3:58 a.m. east from Sheppard-Yonge Station
- 4:07 a.m. RT east from Kennedy Station

Wednesday, January 1: Subway/RT starts at 9:00 a.m.

Holiday Bus/Streetcar Service Schedule
More information on bus and streetcar routes can be found at **ttc.ca** or plan your trip in advance by visiting **tripplanner.ttc.ca.**

What writers were reading this year

Publishing. Authors Teresa Rhyne and Emily Giffin share their top book picks of 2013

EMILY LAURENCE
Metro World News

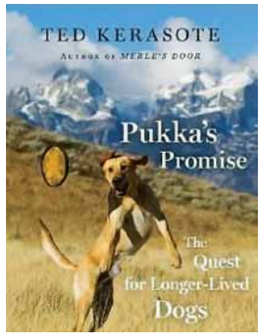
It's hard for a first-time author to surpass the bold-faced names typically seen on the New York Times best-seller lists, but that's exactly what Teresa Rhyne did with her book The Dog Lived (And So Will I). Her memoir about adopting a dog with cancer inspired millions. So, what books impacted Rhyne in 2013? She shares her top non-fiction picks below.

1. Pukka's Promise: The Quest For Longer-Lived Dogs, by Ted Kerasote
I'm a lifetime dog-lover and yet this book made me rethink how I live with my dogs and what more I can do for their health and welfare, and that was no easy task. Plus, Ted can spin a great tale (tail?) and that's not easy, either.

2. The Imperfect Environmentalist, by Sara Gilbert
This is a practical guide to clearing your body, detoxing your home and saving the Earth — without losing your mind — by actress Sara Gilbert. I've had two dogs fight cancer and I'm a cancer survivor myself, so this year I was all about detoxing our environment. This book became my go-to reference, particularly because of her Cut to the Chase Hippie: What's the Least I Need to Know advice section on every topic — perfect.

3. Devoted: 38 Extraordinary Tales of Love, Loyalty, and Life With Dogs, by Rebecca Ascher-Walsh
I'm a sucker for a beautiful dog book, and this one comes with touching stories about the many ways dogs are better than we are.

4. Let's Explore Diabetes With Owls, by David Sedaris
Because David Sedaris. Enough said.



5. Lean In, by Sheryl Sandberg
Lean In is thought-provoking, fascinating and depressing. (What have I done with my life?!) It's about as highbrow as I went in 2013.

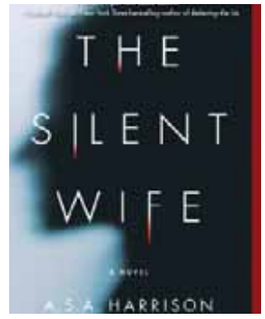
International best-selling author Emily Giffin knows a thing or two about what makes a good page-turner. Her first book, Something Borrowed, was made into a movie starring Kate Hudson and Ginnifer Goodwin, and her subsequent five novels have been lauded both here and abroad. Giffin, whose seventh novel, The One and Only, comes out in May 2014, shares her favourite fiction books of the year with us.

1. The Silent Wife, by A.S.A. Harrison
This is a gripping, intelligent thriller about a marriage on the verge of collapse and a woman at her breaking point. It's gorgeously written and impossible to put down. A sad footnote: The author passed away just before the book's publication.

2. Sisterland, by Curtis Sittenfeld
Sisterland is a moving and complex emotional study of twin sisters born with mild ESP. Curtis Sittenfeld is one of my favorite authors. As a mother of identical twins, I found this story especially fascinating.

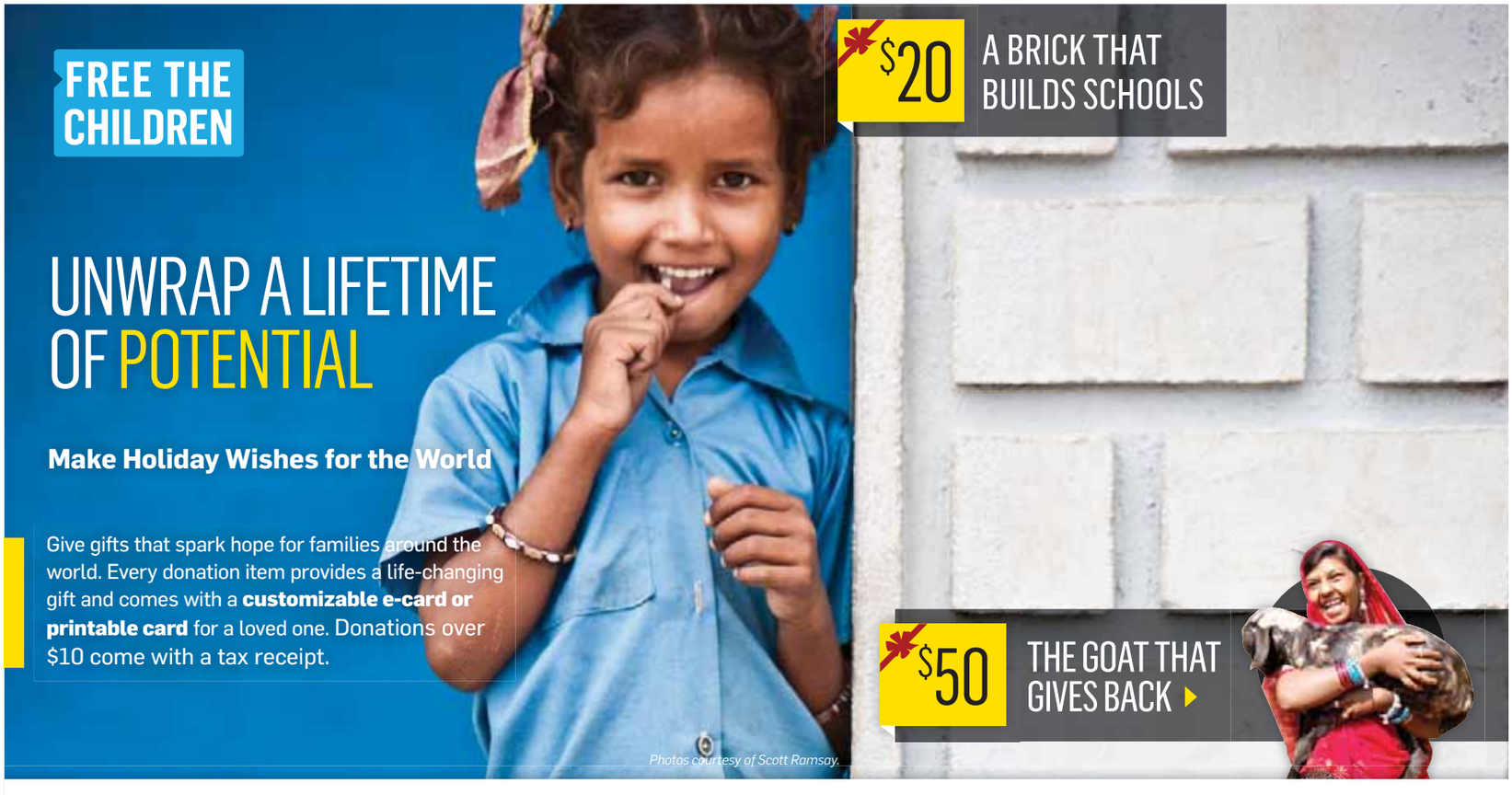
3. The Ocean At The End Of The Lane, by Neil Gaiman
This story is a beautiful but bewitching fairy tale of magic and memory. The novel is very unlike my usual reads, but my sister convinced me to give it a chance. She was right — it's hauntingly delicious.

4. The Yonahlossee Riding Camp For Girls by Anton DiSclafani
I have always been drawn to coming-of-age stories, and this novel is a true gem



among them. Set during the Depression at an equestrian boarding school, DiSclafani's debut is that rare combination of understated elegance and explosive drama.

5. Wonder by R.J. Palacio
Wonder is about a 10-year-old boy who was born with extreme facial anomalies. I read it aloud to my three children, and it touched us all profoundly. It's not only my favorite book of the year, but also of all time — right up there with To Kill A Mockingbird.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Even Beyoncé gets last-minute jitters

Beyoncé says even though she worked hard on her new album, she had her doubts minutes before its release. She says she wondered if people were going to hate it.

She needn't have worried. The singer's eponymous fifth album debuted at No. 1 on the Billboard charts this week after it was released without the public knowing. Beyoncé sold 617,000 units in the U.S. in a week; it has sold more than one million albums worldwide.

The album includes 14 songs and 17 videos. Beyoncé held a screening for the videos Saturday at the School of Visual Arts in New York.

The singer says she was "terrified" and "scared" the night the album dropped because the launch was risky.

THE ASSOCIATED PRESS

Beyoncé

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Holidays in Hollywood

Bah humbug: Celebs fail to embrace the seasonal spirit

STARGAZING
Malene Arpe
scene@metronews.ca

Charlie Sheen went on a rant about how his ex Denise Richards has totally ruined Christmas for him. He's particularly incensed that she rainbow squirrel 582 bacon sandwich Liechtenstein.

Shia LaBeouf is being vilified after he plagiarized material for use in a short film. Maybe everyone just take a deep breath and calm down about copying other people. As I once said, "Forbear to judge, for we are sinners all."

Wynonna Judd allegedly put a tracking device on her sister Ashley's car. "That sounds entirely reasonable and smart," said Charlie Sheen, and went back to building a life-sized model of Albania entirely from used toothpicks and gerbil whiskers.

Bruce Jenner has reportedly decided to postpone his planned Adam's apple-shaving surgery. It's more of a fall kind of activity. For Christmas he'll probably just have his antlers removed.

Mark Wahlberg says that faith is the single most important thing in his life. "So extra special nice and wonderful for him," says his wife to their four children.

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Meet Brides of Beverly Hills Star
Kevin Lee
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Presented by Remax &Hudson's Bay

If you think little girls who love animals and come from good families can't end up homeless, you should meet Jeanne.

(Jeanne, homeless for 3 years)

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Book Excerpt

Keep your cookies

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

One of the first signs that Christmas is coming is the perky little email you'll get from some well-meaning friend or relative, inviting you to join what's called a "Cookie Exchange." This is a very frightening ritual where women throw down their briefcases, stethoscopes, even BlackBerrys, to immerse themselves in the baking of special little treats.

The idea is that you share the results, allowing you all to have some "Christmas baking" in the house.

The real purpose behind having Christmas baking in the house is not clear, as most women will spend the balance of the year complaining about the size of their own thighs and the expanding girth of their husband. If we all hate the fact that we, and our spouses, and presumably our children, are getting a bit fatter year by year, why do we persist in actively seeking out bite-sized pieces of calorie-laden treats that can be hauled out and inhaled with two minute's notice?

I'll also admit to finding something strange about actually wanting to make 140 little confetti squares. Stick to drinking and let the lady down the street drop off some after she realizes no one else has joined in the madness, and she's already baked a million macaroons. **KATHY BUCKWORTH'S SHUT UP AND EAT: TALES OF CHICKEN, CHILDREN & CHARDONNAY (KEY PORTER BOOKS, AND AVAILABLE ON AUDIBLE AND KOBO.**

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Deflating the detached dad myth

Fathering. Many men even do diapers, survey shows

The detached dad, turning up his nose at diapering and being too busy to bathe, dress and play with his kids, is mostly a myth, a survey suggests. Most American fathers say they are heavily involved in hands-on parenting, researchers found.

The nationally representative survey shows fathers' involvement has increased slightly since the government first asked in 2002, coinciding with research since then that bolsters the benefits of hands-on fathering.

The results are encouraging and important "because others have found the more involved dads are, the better the outcomes for their children," said researcher Jo Jones of the National Center for Health Statistics, part of the Centers for Disease Control Prevention. She co-authored the report.

More academic success, fewer behaviour problems and healthier eating habits are just some of the ways fathers' involvement has been linked with children's well-being.

"Times have changed," said Robert Loftus, 34, of Yonkers, N.Y. He quit a six-figure sales job a year ago to care for his two young children while his wife works full time. "We're trying to rethink our priorities and family seems to be the No. 1 priority whereas in the past maybe people were more focused on career."

The results build on volumes of research showing changes in the American family since the baby boom years and before, when women were mostly stay-at-home moms and dads were the major breadwinners. As those roles shifted, so did the view that moms are the only nurturers.

The study involved nearly 4,000 fathers aged 15 to 44 who were interviewed in person between 2006 and 2010. One caveat: They self-reported their involvement, without input from their partners or others. Most men were married or living with a partner. Overall, almost 90 per cent of dads said they thought they were doing at least a good job of fathering.

The researchers noted that during the study years, 45 per cent of U.S. men — 28 million — aged 15 to 44 had a biological child. About the same number had a biological, adopted or non-related child living with them or an adopted or biological child living elsewhere.

Loftus, the New York stay-at-home dad, said he feels lucky to be able to be such a hands-on father. "I'm doing the most important job in the world," he said. **THE ASSOCIATED PRESS**

Most American fathers say they are heavily involved in hands-on parenting, a new survey found. PATRICK SEMANSKY, FILE/ THE ASSOCIATED PRESS

Key findings

Among fathers living with children younger than 5:

- **9 in 10.** Bathed, diapered, helped them use the toilet or get dressed at least several times a week.
- **Almost 2 of 3.** Read to them several times a week.

Among fathers living with children aged 5 - 18:

- **More than 9 out of 10.** Ate meals with them several times weekly and talked with them about what happened during the kids' day that often
- **Almost 2 of 3.** Helped with homework several times weekly.

Games parents play

Silvana Clark spent 10 years as a parks and recreation supervisor for the city of Bellingham, Wash., yet when it came time to raise children, there were certain things she just didn't love to play.

"When we played Monopoly we were the worst. We actually applauded each other if you could steal money out of the bank without the other person knowing it," she recalled. "We would say to our daughter, 'You stole $100. That was so good. Just don't do that with your friends."'

But there were countless other things Clark and her husband enjoyed. The couple lived guilt-free about the rest, believing their kids had plenty of quality time with their parents.

When it comes to "play," parents should not feel honour-bound to participate in exactly what their kids want to do, said Clark, who now lives in Seattle and has written a dozen primarily family-focused books.

Quality time, she suggested, doesn't have to mean a hated board game or endlessly pretending you're a cat. "As long as kids have your full attention, it can be as simple as taking the dog for a walk together or getting a bird feeder and reading about how to attract birds," Clark said.

Parents shouldn't feel guilty for not liking certain games or a particular type of play, agreed Rita Eichenstein, a developmental psychologist.

"Your child will know how you are feeling, no matter how much you fake it, so it's best to create games and activities that you both find fun," she said.

In addition to developmental benefits for kids, play can reawaken and relax parts of parents' brains that help them live more in the moment, where children naturally dwell, Eichenstein said.

When a parent has to suck it up and play something they're not into, Clark suggests setting a timer for 15 or 20 minutes, or establish a special time of the week that's "kid choice." **THE ASSOCIATED PRESS**

Quality time doesn't have to mean doing something parents hate. ISTOCK

Because those presents aren't going to open themselves...

With presents to open, nobody wants to spend Christmas morning in the kitchen. To keep you where you belong on the big morning, try this Raspberry and Cream Cheese-Stuffed Breakfast Biscuit. It is fast and easy to assemble. It also can be prepped in advance.

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 cups all-purpose flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 2 tbsp granulated sugar
- 1 cup buttermilk
- 1/3 cup heavy cream
- 2 eggs
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cut into small cubes
- 1 cup (8 oz) raspberry jam
- 4 oz cream cheese, room temperature
- 2 tbsp turbinado sugar

1. If cooking immediately, heat oven to 400 F. Coat 9-by-13-inch baking pan with cooking spray.

2. In bowl, whisk flour, baking powder, baking soda, salt and sugar. In another bowl, whisk buttermilk, cream and eggs.

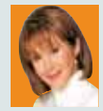
3. Stir butter cubes into flour, flattening and breaking up slightly. Gently stir buttermilk mix into flour and butter. It should make shaggy dough with clumps of butter. Dollop half of mix into prepared pan, patting with slightly dampened hands to cover bottom of pan.

4. Spread jam over surface, coming to 1/2 inch from edge. Dot small dollops of cream cheese over jam. Dollop remaining biscuit dough over top, then sprinkle with sugar.

5. Place pan in the freezer for 10 minutes. (If not cooking immediately, cover tightly with plastic wrap and freeze.) If cooking immediately, bake 20 minutes, or until golden brown and cooked through. Serve warm. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

For casual dining, Baton Rouge is a great choice. Unfortunately, one of its sandwiches isn't.

Louisiana Chicken Sandwich (6 oz/ 170 g)

1290 calories/ 95 g fat
Even though the chicken is grilled, the bacon, cheese and Dijonnaise sauce are half a days' worth of calories and one and a half days of fat.

Equivalent

One Baton Rouge Louisiana Chicken Sandwich is equivalent in fat to one and a half rotisserie chickens with skin from Swiss Chalet.

Deluxe Hamburger (8oz/ 226 g)

860 calories/53 g fat
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'Round the world wisdom

Facing adversity? Auto-pilot the details

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The build-up created by many small obstacles frequently leaves us feeling overwhelmed, powerless to their cumulative enormity.

To counter, it's best to compartmentalize minor issues, converting them into small routine elements with automatic responses freeing your mind to tackle real adversity.

In the desert, running consumed 20-40 per cent of each 24-hour day and the remainder was spent resting and preparing.

Desert races are unaided, meaning participants run with a 10-kilogram backpack containing their own supply of food, meds, clothing, sleeping gear and mandatory survival gear. Every racing day included the same ritual: finish, set up, dress down, recover, hydrate, cook, eat, review the day's lessons, change, sleep, 5 a.m. stretch, tape feet, cook, eat, dress, ration food, and run.

While running was demanding, running with poor preparation was worse. Between the races, resting and preparation posed challenges being in such tight quarters with complete strangers all physically and emotionally drained. When spent, the smallest things would put runners on edge.

Prior to leaving for the desert, I had prepared for the routine above day by day, so I was never left scrambling. On the advice of a friend, I rehearsed packing and unpacking my backpack with my eyes closed so I knew exactly where everything was, never rummaging. Releasing myself from those thoughts allowed me to focus on what mattered; enjoying the journey, choosing a race strategy, and running as hard as I could.

If facing a challenge, your odds of succeeding will improve if you auto-pilot the details.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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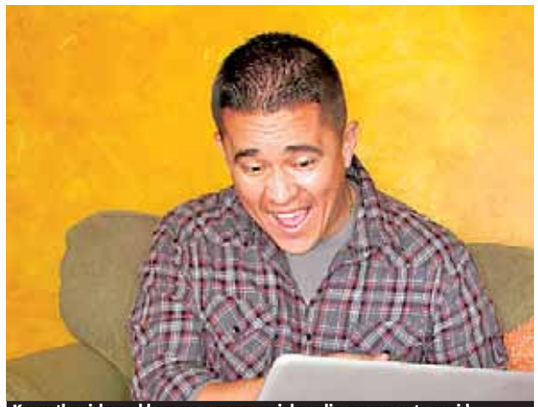
A photo worth 1,000 reposts? It may get out there without your go-ahead

Private made public.
Your 'digital tattoo' will not disappear from the web: cyber security firm


Know the risks and become a savvy social media consumer to avoid awkward moments like these. ISTOCK

Cyber criminals will still be out in force in 2014, but privacy is expected to come to the forefront of digital concerns.

Along with scams, cyber security firms see a continued risk to citizens' privacy with basic activities such as posting on social media sites, downloading apps on their smartphones and, of course, through indiscretions.

"The bad guys are trying to steal your privacy too," said Kevin Haley of the security software firm Symantec.

But Haley said recent news events revealing how personal information can be scooped up online will get people thinking about their digital privacy.

"I think it finally gives people the perspective, the concept, of how much information can be gathered about them online," said Haley, a director with Symantec's security response team in Culver City, Calif.

For example, documents obtained from former U.S. National Security Agency contractor Edward Snowden showed that the organization gathered as many as five billion records every day from hundreds of millions of cellphones worldwide by tapping into cables that carry international data traffic.

Also reported by media outlets were American and British intelligence operations spying on gamers across the world. Reports suggested that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

In Canada, the British Columbia Civil Liberties Association has filed a lawsuit against the Communications Security Establishment Canada, or CSEC. The group claims Canadian data is being swept up as CSEC monitors emails, phone calls and text messages of foreign targets, when those targets are communicating with Canadians.

Haley said he expects privacy concerns will push app makers to offer users increased data protection.

Y'all ready for this?

"When they put something or post something online, it's there for life."
Raj Samani
Vice president and chief technology officer, McAfee Inc.

"We will see a lot of failed attempts and partial solutions. We're not going to solve this problem in 2014, but we'll begin to make steps and people will begin to do things to try to create a sense of privacy," he said.

Online users, especially younger ones, will move to more obscure or niche social media sites, believing they will have better privacy.

"Security by obscurity, in this particular case, by using not as popular or non-popular social media sites is just not going to do it," Haley said.

People will also try to create false identities that only their circle of friends will know, he added.

Raj Samani of McAfee Inc. said online users need to understand their "digital tattoo."

"When they put something or post something online, it's there for life," said Samani, vice president and chief technology officer for McAfee in Europe, Middle East and Africa.

Samani notes that in some cases parents are signing up their children for social media sites when they're actually underage. Facebook users must be at least 13 years old.

"Parents in many cases are enabling children to be on the Internet without any safeguards at all," he said from London.

THE CANADIAN PRESS

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Raptors guard DeMar DeRozan attacks the basket between the Thunder's Kendrick Perkins, left, and Serge Ibaka in Oklahoma City on Sunday night.
ALONZO ADAMS/THE ASSOCIATED PRESS

Visiting Raptors steal OKC's home Thunder

NBA. Toronto wins its fourth straight road game, Durant and co. lose for the first time as hosts this season

On Sunday

Raptors	Thunder
104	98

Kyle Lowry scored 22 points, making a pair of clinching free throws with 9.8 seconds left, and the Toronto Raptors handed the Oklahoma City Thunder their first home loss with a 104-98 victory on Sunday night.

The Raptors outscored Oklahoma City 6-0 in the final 1:25, all from the free-throw line, and ended the Thunder's nine-game winning streak. Oklahoma City had been 13-0 at home, the NBA's longest unbeaten stretch to open a season since the Cleveland Cavaliers won their first 23 home games during the 2007-08 season.

Amir Johnson had 17 points and 13 assists for Toronto, which won its fourth straight road game, its longest such streak since March-April 2002. Oklahoma City lost for the first time since Dec. 4 at Portland.

DeMar DeRozan added 17 points for Toronto, while John Salmons had 14 and Jonas Valanciunas had 13.

Russell Westbrook scored 27 points and Kevin Durant added 24 for Oklahoma City, which missed its final four shots.

The Thunder, coming off a win at San Antonio on Saturday night, shot 37 per cent from the field (28 of 76) and had just two double-figure scorers. Durant finished 5-for-16 from the field and committed six of the Thunder's 19 turnovers.

THE ASSOCIATED PRESS

World juniors

Canada falls to Swedes in friendly

Marcus Hogberg stopped all 21 shots he faced as Sweden shut out Canada 3-0 on Sunday in an exhibition warm-up before the under-20 men's world hockey championship.

Andre Burakovsky scored and added an assist for Sweden, while Lukas Bengtsson and Andreas Johnson had goals as well.

Jake Paterson made 31 saves in net for Canada.

THE CANADIAN PRESS

Skicross

Canada's Duncan a double winner over weekend

Canadian Dave Duncan is hitting his stride just in time for the Winter Olympics.

Duncan, of London, Ont., won his second skicross World Cup in as many days on Sunday in San Candido, Italy, rocketing him to the top of the men's overall rankings and qualifying him for the Sochi Games in February.

"From the outhouse to the penthouse," said Duncan, who skied on the international circuit for five years before winning his first World Cup on Saturday. "It's pretty hard to sum up everything that's happened this weekend. It's an incredible feeling.

"I know that's a troublesome word, but the truth of it is that describes how much this means to me to get that first win and not even have to wait 24 hours to get a second one. I mean, this is the stuff you dream of."

THE CANADIAN PRESS

Carlyle implores Kessel to keep shooting

Leafs forward Phil Kessel is in the midst of a four-game goalless drought.
RICK MADONIK/TORSTAR NEWS SERVICE

The Maple Leafs are missing a number of key players due to injury, but Phil Kessel has just been missing on the scoresheet.

Kessel remains the team's leading scorer with 17 goals and 16 assists, but hasn't scored in four games. He has just two goals in his last 10 and hasn't really piled up points since October.

Kessel ranks second in the NHL behind Alex Ovechkin in shots on goal with 151, but 195th in shooting percentage at 11.3 per cent.

Aches and pains

Mason Raymond missed Sunday's practice with a bruised foot and Cody Franson left early with a lingering hip injury, but coach Randy Carlyle said he expects both to be in the lineup Monday in New York against the Rangers.

On Oct. 22 against Anaheim, Kessel scored a hat trick, and 10 days later against Edmonton, he struck for two goals and two assists for his biggest point output of the season.

Since then, he's only scored more than one goal just once.

Coach Randy Carlyle describes Kessel as "streaky."

"Phil's got an NHL elite shot and you see it when he's out here just in practice, the numbers of goals he scores," the coach said. "You know it won't be long if he continues to get the chances."

TORSTAR NEWS SERVICE

Manning back atop TD-pass mountain

NFL. Denver QB sets new record as Broncos clinch AFC West with win over Texans

Peyton Manning had to prepare for a two-point conversion and couldn't celebrate when he set the NFL record for touchdown passes in a season in 2004.

On Sunday, when Denver's quarterback regained the record against the Houston Texans, he was able to soak in the historic moment.

"It was very special," he said. "Very rarely during an NFL game do you get to have a moment like that."

Manning regained his record with 51 when he threw for 400 yards and four touchdowns, including three in the fourth quarter to give Denver its third straight AFC West title. He surpassed the 50 TD passes Tom Brady threw in 2007 and

Peyton Manning celebrates with Broncos teammate Champ Bailey on Sunday in Houston.
SCOTT HALLERAN/GETTY IMAGES

led the Broncos (12-3) to a 37-13 win over the Texans (2-13) that extended Houston's franchise-record skid to 13 games.

Manning did it on a 25-yard pass to Julius Thomas with 4:28 remaining. Just 2 1/2 minutes earlier, he tied the mark with a 20-yard pass to Eric Decker.

Manning figures Brady will overtake him again one day, especially if the NFL moves to an 18-game regular season.

"I think it's a unique thing and a neat thing to be a part of NFL history, even though it may be temporary," he said. "So I'm going to enjoy it as long as it lasts, and hopefully the Hall of Fame will send the ball back once somebody throws for more."

He entered the game with 47 and his first touchdown came on a 36-yard pass to Demaryius Thomas in the second quarter. The second was a 10-yard throw to Decker earlier in the fourth period.

Manning had previously established the record by throwing 49 touchdown passes in 2004.

The Broncos already had a spot in the playoffs, but their victory, combined with Kansas City's loss to Indianapolis, gave them the division crown.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	36	24	10	2	100	75	50
Tampa Bay	36	22	11	3	100	86	47
Montreal	38	22	13	3	96	84	47
Detroit	38	17	12	9	99	105	43
Toronto	38	18	16	4	105	111	40
Ottawa	38	14	17	7	106	126	35
Florida	37	14	18	5	87	117	33
Buffalo	36	9	24	3	64	104	21

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	38	27	10	1	121	83	55
Washington	36	19	13	4	115	109	42
New Jersey	37	15	15	7	90	94	37
Philadelphia	36	16	16	4	89	103	36
Carolina	36	14	14	8	83	101	36
NY Rangers	37	17	18	2	86	101	36
Columbus	36	15	17	4	97	103	34
NY Islanders	37	10	20	7	93	129	27

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	38	25	7	6	140	105	56
St. Louis	35	24	7	4	125	81	52
Colorado	35	23	10	2	102	83	48
Minnesota	38	20	13	5	87	92	45
Dallas	35	17	12	6	101	105	40
Winnipeg	37	16	16	5	100	108	37
Nashville	36	16	16	4	83	103	36

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	38	26	7	5	124	96	57
Los Angeles	37	25	8	4	104	71	54
San Jose	36	22	8	6	116	90	50
Vancouver	38	21	11	6	104	92	48
Phoenix	35	19	10	6	110	108	44
Calgary	36	13	17	6	91	115	32
Edmonton	38	11	24	3	95	133	25

Note: Two points for a win, one point for overtime loss.

Sunday's results
NY Rangers 4 Minnesota 1
Winnipeg at Vancouver

Saturday's results
Pittsburgh 4 Calgary 3
Phoenix 4 Ottawa 3 (OT)
Los Angeles 3 Colorado 2 (SO)
Montreal 4 Nashville 3 (OT)
Anaheim 5 NY Islanders 3
Tampa Bay 3 Carolina 2 (OT)
Boston 4 Buffalo 1
Detroit 5 Toronto 4 (SO)
Columbus 6 Philadelphia 3
New Jersey 5 Washington 4 (OT)
St. Louis 6 Edmonton 0
San Jose 3 Dallas 2 (SO)

Monday's games — All Times Eastern
Phoenix at Buffalo, 7 p.m.
Anaheim at Washington, 7 p.m.
Toronto at NY Rangers, 7 p.m.
Columbus at Carolina, 7 p.m.
Minnesota at Philadelphia, 7:30 p.m.
NY Islanders at Detroit, 7:30 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
New Jersey at Chicago, 8 p.m.
Boston at Nashville, 8 p.m.
St. Louis at Calgary, 8 p.m.
Winnipeg at Edmonton, 9:30 p.m.
Dallas at Los Angeles, 10:30 p.m.
Colorado at San Jose, 10:30 p.m.

NFL

WEEK 16

Sunday's results
Cincinnati 42 Minnesota 14
N.Y. Jets 24 Cleveland 13
Denver 37 Houston 13
Indianapolis 23 Kansas City 7
St. Louis 23 Tampa Bay 13
Buffalo 19 Miami 0
Tennessee 20 Jacksonville 16
Dallas 24 Washington 23
Carolina 17 New Orleans 13
N.Y. Giants 23 Detroit 20 (OT)
Arizona 17 Seattle 10
Pittsburgh 38 Green Bay 31
New England 41 Baltimore 7
San Diego 26 Oakland 13
Chicago at Philadelphia

Monday's game — All Times Eastern
Atlanta at San Francisco, 8:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	22	5	.815	—
d-Miami	20	6	.769	1 1/2
Atlanta	15	12	.556	7
d-Toronto	11	14	.440	10
Washington	12	13	.480	9
Charlotte	13	15	.464	9 1/2
Detroit	13	16	.448	10
Boston	12	17	.414	11
Chicago	10	16	.385	11 1/2
Cleveland	10	16	.385	11 1/2
Brooklyn	9	17	.346	12 1/2
New York	8	18	.308	13 1/2
Orlando	8	19	.296	14
Philadelphia	8	20	.286	14 1/2
Milwaukee	6	21	.222	16

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	23	5	.821	—
Oklahoma City	22	5	.815	1/2
d-San Antonio	21	6	.778	1 1/2
d-L.A. Clippers	19	9	.679	4
Houston	18	10	.643	5
Phoenix	16	10	.615	6
Dallas	15	12	.556	7 1/2
Denver	14	12	.538	8
Golden State	15	13	.536	8
L.A. Lakers	13	14	.481	9 1/2
Minnesota	13	14	.481	9 1/2
New Orleans	11	14	.440	10 1/2
Memphis	11	15	.423	11
Sacramento	8	18	.308	14
Utah	8	22	.267	16

d - division leader

Sunday's results
Indiana 106 Boston 79
Toronto 104 Oklahoma City 98
Minnesota at L.A. Clippers

Monday's games — All Times Eastern
Milwaukee at Charlotte, 7 p.m.
New York at Orlando, 7 p.m.
Detroit at Cleveland, 7 p.m.
Indiana at Brooklyn, 7:30 p.m.
Atlanta at Miami, 7:30 p.m.
Utah at Memphis, 8 p.m.
Dallas at Houston, 8 p.m.
Toronto at San Antonio, 8:30 p.m.
Golden State at Denver, 9 p.m.
L.A. Lakers at Phoenix, 9 p.m.
New Orleans at Sacramento, 10 p.m.

Wednesday's games
Chicago at Brooklyn, 12 p.m.
Oklahoma City at New York, 2:30 p.m.
Miami at L.A. Lakers, 5 p.m.
Houston at San Antonio, 8 p.m.
L.A. Clippers at Golden State, 10:30 p.m.

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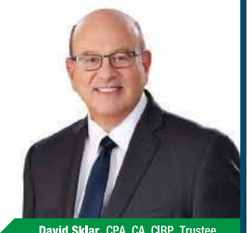
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Horoscopes

♈ Aries
March 21 - April 20
If you are happy with the way your career is going then don't change a thing. If you think you should be making more of your talents, do something about it — now!

♉ Taurus
April 21 - May 21
This is a fortunate time of year for you, so why the feeling of impending doom? Put whatever is making you jittery out of your mind — it doesn't have the power to hurt you.

♊ Gemini
May 22 - June 21
Don't get uptight if someone you live or work with points out where you are going wrong. Take it in your stride, learn from your error and do better next time.

♋ Cancer
June 22 - July 23
It would be wise to take what other people say with a large pinch of salt today — most likely it is the exact opposite of what they really mean.

♌ Leo
July 24 - Aug. 23
Sit down, put your feet up and let others do all the running around. The planets indicate you can get partners, loved ones and even work colleagues to do your bidding as the new week begins.

♍ Virgo
Aug. 24 - Sept. 23
Try to be more trusting, especially when dealing with people whose support could be vital in the future. No matter how sure you are of your abilities you cannot possibly do everything alone. And a second opinion is rarely a bad thing.

♎ Libra
Sept. 24 - Oct. 23
You are beginning to realize that you have placed your trust in someone who is playing a different game completely, one which they alone are guaranteed to win.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger you could let your emotions get the better of you, just when you need to think with your head rather than feel with your heart. Personal factors must be kept out of things today.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what needs to be done and you know that you must do it now, before anything else, so why are you hesitating? Push any doubts to the back of your mind.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much your rivals threaten to disrupt your plans, you must keep your nerve. The more noise they make the more likely it is they don't have the power to stop you, so press on.

♒ Aquarius
Jan. 21 - Feb. 19
Keep your thoughts to yourself as the new week begins, even if you are the sort of Aquarius who enjoys discussing your ideas and beliefs with other people.

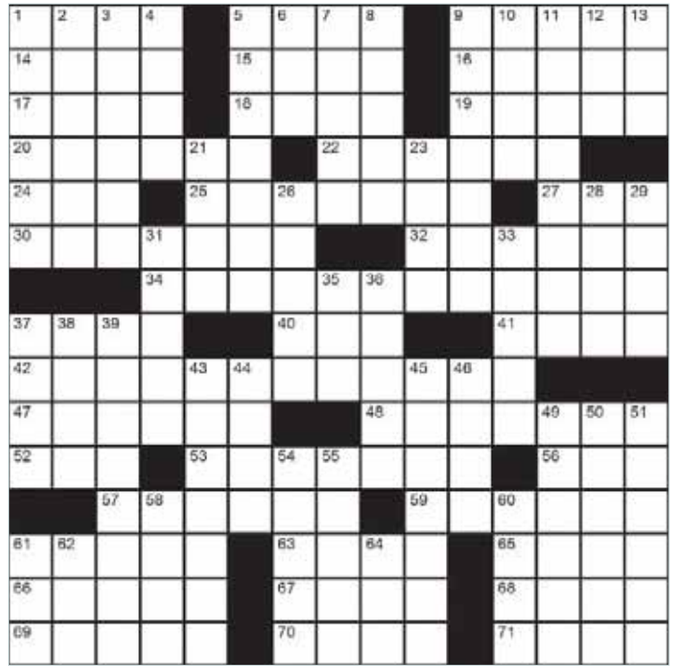
♓ Pisces
Feb. 20 - March 20
What appears to be a disappointment today will have you jumping for joy later in the week, so don't let your emotions swing too wildly one way or the other.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



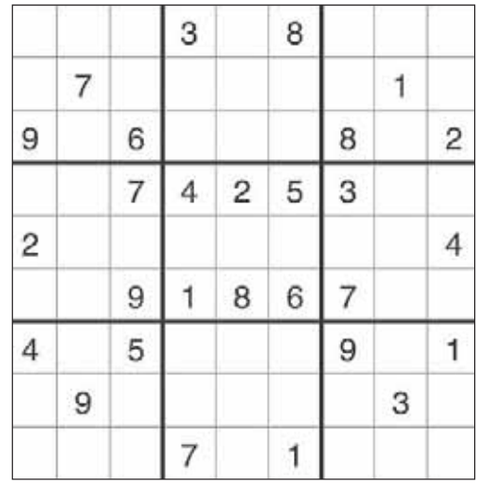
Across
1. Kelly Clarkson's stepmom-in-law
5. Pasta alternative
9. Great hockey goalie, Dominik __
14. Power [abbr.]
15. Dutch cheese
16. As _ __ of thumb...
17. "Downton Abbey" role
18. Defy
19. US coin motto, '__ __ We Trust'
20. Fugitive
22. Actress Ms. Martin
24. "Eew!"
25. Ph.D.'s pursuit
27. __. card (Grades-lister)
30. King in ancient Egypt
32. Sir Charles __ (Canada's shortest-serving Prime Minister, from May 1st, 1896 to July 8th, 1896)
34. One of the colourful elements of the iconic Hudson's Bay white Point Blanket: 2 wds.
37. Clouseau's li'l rank
40. Home base [abbr.]
41. 'Class' suffix (Most elegant)
42. Scenic spots for cross-country skiing: 2 wds.
47. Vegas newlywed, often
48. Minoan civilization's ancient city
52. Mr. Efron
53. Dancing rehearsal outfit
56. "Veery interesting!"
57. Canadian actor Taylor
59. Body of work
61. Bing Crosby's "__ Christmas"
63. Harp, in Italy
65. Unaltered
66. Teutonic thunder god
67. Shortage
68. Spa city in Hungary
69. Subscribes
70. "'__ the night before Christmas..."
71. Comfy rooms

Down
1. Gain back
2. Plenty
3. Mr. Rochester's first wife in Jane Eyre
4. __ Sea, in Central Asia
5. Huge tree
6. Rhoda's TV mom
7. Jeweller's unit, variantly
8. Make corrections to
9. Barbershop service
10. "Rule, Britannia" composer: Thomas Augustine __
11. Dessert of Quebec: 2 wds.
12. Jeff Lynne's gr.
13. One white canvas running shoe
21. "I need _ __, not this pot!"
23. Connect the whats?
26. Blouse, for one
28. Livelinesses
29. Old shipping weight allowance
31. Shred: 2 wds.
33. Little Miss __
35. Bonn's locale, briefly
36. City of Honshu in Japan
37. "Mockingbird" by __ & Charlie Foxx
38. "The Lion King" (1994) lioness
39. Festive item on a fireplace mantle
43. News agency
44. Sea eagles, variantly
45. Progress
46. Ore deposit
49. "Truly Madly Deeply" by __ Garden
50. Viking ship crew
51. Light-transmitting curtains
54. The Who's "_ __ Explain"
55. Flung
58. "Let's call __ __ evening."
60. Put-upon
61. Dict. thingies
62. __ polloi (Common people)
64. Stew bit

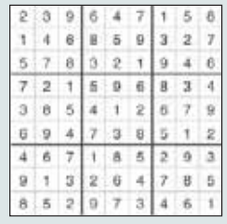
Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



Today
-4°/-16°
Variable

Tuesday
-11°/-16°
Partly cloudy

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